

CAPTAIN WEBB PRIMARY SCHOOL
PE Curriculum – Key knowledge and skills
Swimming

Non-swimmers	Intermediate	Confident
<p>I know how to safely enter and exit the pool using the ladder.</p> <p>I can position myself correctly on the ladder and remember to look down to see where I position my feet.</p> <p>I know how to safely enter and exit the pool using the side of the pool.</p> <p>I can swivel and slide from the side of the pool and then carefully lower myself into the water.</p> <p>I know that if I move away from the side of the pool the water does not go above my head.</p> <p>I can confidently move away from the side of the pool.</p> <p>I know to move through the water using my arms and legs.</p>	<p>I know how to perform an over the water arm action.</p> <p>I can;</p> <ul style="list-style-type: none"> - Thumb first entry; hand pitched at 35 to 45 degrees - Long S-shaped arm action - Hands push to the thigh - High elbow recovery over the water - Turn head to inhale - Chin turns to shoulder - Exhale in the water - Head rolls to the side to breathe. <p>I know how to perform a continuous and alternating leg action.</p> <p>I can;</p> <ul style="list-style-type: none"> - Use a continuous and alternating leg action. - Kick from the hip. - Floppy ankles and pointed toes. - Straight legs and small splash. 	<p>I know how to perform all three strokes with proficiency and speed.</p> <p>I can use a range of strokes effectively and can change from one stroke to another.</p> <p>I know what shapes and actions I need to practise to help me prepare for the butterfly stroke.</p> <p>I can;</p> <ul style="list-style-type: none"> - Hands lead body into the water then lead body out again like a porpoise. Try changing direction. - go over and under hoops, breathing when they surface. - with a partner, go over and under arms held on surface or slightly under the water. I can perform this with arms at different heights; going over and under a row of arms. - lie on back or front, on top or underneath water and kick with both legs together. I can swim on my sides; with

<p>I can move my arms and legs under the water to help me move safely around the pool area.</p> <p>I know how to push and glide through the water.</p> <p>I can use stretched hands, arms, legs and feet to help me push and glide through the water.</p> <p>I know how to go faster through the water.</p> <p>I can make my legs long and keep my feet floppy to help me go faster.</p> <p>I know how to perform a fast and efficient kick.</p> <p>I can move around kicking my legs with stretched feet and can use this kicking action to either speed up, slow down or change direction.</p> <p>I know what to do with my hands and arms to enable me to travel forwards, backwards and sideways.</p> <p>I can use my arms in a rotating position to help me to move and also regain a balanced position.</p> <p>I know how to swim at least 10 metres without the use of buoyancy aids.</p>	<p>I know how to breathe correctly when performing the front crawl.</p> <p>I can turn my head to inhale, exhale underwater, roll my head from side to side.</p> <p>I know how to perform the leg and arm action for the backstroke.</p> <p>I can;</p> <ul style="list-style-type: none"> - Kick from the hip - make sure I use floppy ankles - keep my toes pointed - little finger enters water first - thumb out of water first - pitch of hand changes during arm action - brush the ear with the arm. <p>I know how to perform the arm action and breathing for the breaststroke.</p> <p>I can;</p> <ul style="list-style-type: none"> - arms don't start until legs together - keep hands in front of shoulders - cut through the pizza - scoop the bowl - breathe on each stroke - blow the hands forward <p>I know how to perform the leg action for the breaststroke.</p> <p>I can;</p>	<p>hands by my sides; with hands stretched out above the head like a dolphin.</p> <p>I know how to perform simple synchronised skills using basic swimming techniques.</p> <p>I can skull in different positions and directions.</p> <p>I know how to use skills to attack and defend in a game of water polo.</p> <p>I can choose the best stroke to enable me to control the ball.</p> <p>I can control my space while in the water.</p> <p>I can play polo using the rules of the game.</p> <p>I know how to perform a dive from the kneeling position.</p> <p>I can put myself in the kneeling position.</p> <p>I can make my body streamlined.</p> <p>I can make sure that my fingertips are pointing upwards towards the ceiling.</p> <p>I can make sure that I enter the water safely.</p> <p>I know how to perform a dive from a standing position.</p>
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<p>I can travel one width of the pool without putting my feet on the floor.</p>	<ul style="list-style-type: none"> - heels to buttocks - draw a circle with the heels - drive back with the heels - feet whip together at end of kick - kick like a frog - keep hands in front of shoulders - cut through the pizza - scoop the bowl - blow the hands forward <p>I know different ways of keeping me safe in the water.</p> <p>I can use buoyancy aids and different techniques to keep me floating on the water in an emergency.</p>	<p>I can put myself in the standing position and make my body streamlined.</p> <p>I know different ways of entering the water and to float using different aids for support.</p> <p>I can use buoyancy aids to keep me afloat and safe in the water.</p> <p>I know how to perform lifesaving strokes.</p> <p>I can perform the lifesaving sidestroke and the lifesaving backstroke.</p>
Vocabulary		
<p>position</p> <p>look down</p> <p>ladder</p> <p>feet</p> <p>swivel</p> <p>entry</p> <p>pool</p> <p>slide</p>	<p>front crawl</p> <p>arm action</p> <p>streamlined</p> <p>shape</p> <p>breathing</p> <p>leg action</p> <p>Push and glide</p> <p>back stroke</p>	<p>Front crawl</p> <p>Backstroke</p> <p>Breaststroke</p> <p>Effective</p> <p>Proficient</p> <p>Butterfly stroke</p> <p>Shape</p> <p>Perform</p> <p>Shallow water</p>

slowly enter travel move walk step hop skip under push glide kick stretch narrow kick long floppy faster spread kick stretched fast slow position hands arms balanced position shape travel	floats change of position breaststroke scoop the bowl Front and back paddle tread water	Synchronise Skull Position Water polo Attack Defend Control Space Rules Kneel Dive Position Curled toes Streamline Fingertips Bend Tucked Stand Toes Curled Edge Streamline Position Tuck Belly button Squeezed Bend Water safety Float Safe
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rotating

Dangerous
Sidestroke
Lifesaving
Dangerous